

How does Coaching work and how can I participate?

Your school district has purchased individual coaching as a tool for parents, which makes coaching FREE to parents.



Coaches are like your virtual parenting assistant, working together to help you help your child.

Our coaches are trained, specialized, certified and ready to help!



Step-by-Step Guide: Register for Coaching

- 1 To see if coaching is a good fit, register here: <https://CookCenter.info/GetCoaching>
- 2 Select "Begin" & complete the confidential questionnaire (About 5 min)
- 3 Receive a response within 24 hours from a certified ParentGuidance.org coach
- 4 Get a personalized plan in your first meeting
- 5 Meet with your coach once a week
- 6 Have a difficult moment, message your coach 24/7 and receive responses within 24 hours.

**Your participation in
Parent Coaching is NEVER
reported to the district!**